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**MJ DOCTOR GUILTY
CONVICTED IN DEATH
OF DECEASED POP
STAR** {page 7}



**SOCIAL
NETWORKS BLUR
LINES BETWEEN
WORK AND LIFE** {pages 8-9}



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Tuesday, November 8, 2011
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News worth
sharing.

Sombre. Moment



► Master Cpl. Laureen Lock places her hand on a new monument honouring Nova Scotians who were killed in Afghanistan at 12 Wing Shearwater yesterday. Story, page 4.

RYAN TAPLIN/METRO

Monument to locals killed in Afghanistan

Districts stir debate

► UARB has 90 days after hearings close to make decision: Executive director

Citizens from every corner of the municipality gave spirited presentations last night at a public hearing on shaping HRM's boundaries.

Many, if not all of the would-be 16 districts were addressed by residents, business owners and politicians. Each had their own concerns and praises for the proposed scenario No. 1, approved by council last month to be forwarded to the Nova Scotia Utility and Review Board.

Coun. Dawn Sloane prepared a PowerPoint presentation outlining a variety of concerns, making mention of the need to keep traditional communities together, like the north end of Halifax.

"Using Cornwallis Street as a boundary (between the north and south peninsula) cuts the north-end suburb, a traditional community, in half. I find that it's also polarizing our community, of those with and without — almost a classism," she said before a crowd of about 40 people.

Timothy Olive, executive direc-

"This process has been built around numbers, not people, community or neighbourhoods.

And that's fundamentally wrong."

BRUCE SMITH, HALIFAX NORTH WEST TRAILS ASSOCIATION

tor of the Downtown Dartmouth Business Commission, said including more of Woodland Avenue in the proposed Dartmouth Centre district is the "right move."

He said the NSCC Waterfront Campus, the Woodside Industrial Park and other developments "have a very distinct economic connection to the downtown."

"To have them all under one umbrella is a positive move for our collective economic development."

Other expressed concerns over splitting up Clayton Park into two districts, and residents of Cherry Brook and surrounding communities showed content with being included in the Cole Harbour district. ● ALY THOMSON

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Shipbuilding cash will flow in 2013

Businesses across Nova Scotia — not just those in Halifax — will benefit from the \$25-billion federal shipbuilding contract awarded last month to Halifax Shipyard, but the big money won't start rolling in until 2013, says a new forecast from TD Economics.

The report released yesterday says the provincial economy can expect mod-

est improvement next year, but the real benefits will appear the following year, when the project is expected to generate \$228 million in real GDP while cranking out 3,200 net new jobs.

Over the next two years, the province's jobless rate is expected to drop from 9.1 per cent to 8.5 per cent, the study says. As well, new-home construction is ex-

pected to jump to 5,200 units in 2013, up from 4,400 in 2010. And the average cost of a home is forecast to rise from \$206,000 in 2010 to \$214,000 in 2013.

"In a provincial economy that is \$34 billion in size, the shipbuilding contract should have sizable ripple impacts," the study concludes.

THE CANADIAN PRESS

► The \$25-billion contract awarded to Halifax Shipyard will help the entire province economically.



RYAN TAPLIN/METRO

Symbolic step for library

► HRM is providing \$23.7M to new project that will open in 2014

► \$13M from N.S. ► \$18.3M from feds



ALEX BOUTILIER
@METRONEWS.CA

\$55M The total cost for the new library.

Halifax's new central library took a symbolic step closer to completion yesterday morning, when representatives from all three levels of government held a groundbreaking ceremony.

Defence Minister Peter MacKay, Municipal Relations Minister John MacDonnell and Mayor Peter Kelly didn't actually break any ground, but they did briefly tour the new library's site at the corner of Queen Street and Spring Garden Road.

"This has a unique and special process. This has been a public process, that made sure that the public had input in what (the library) will look like," Kelly told a crowd of about 50 people. "This building will

be able to be an icon, and we needed to make sure that it was on the side of the public."

The new facility, which will replace the Spring Garden Road Memorial Library across the street, will be approximately 100,000 square feet and it will feature a larger book collection, a 250-seat performance space and additional meeting and study rooms.

Excavation began earlier this year, and the library's doors are expected to open in 2014. "(Libraries) are part of the effort of lifelong learning," said MacKay. "But (libraries aren't) just education centres. These are places where people gather. These are practical places."



► Mayor Peter Kelly and Defence Minister Peter MacKay look at a phone following a tour of the site for the new Halifax central library yesterday.

RYAN TAPLIN/METRO

1
news



A special election in Oregon is the first in the U.S. to include iPad-enabled voting. Scan the code for the story.

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As Greece shows signs that its darkest debt days may soon pass, the focal point of investors' fears shifts to Italy. Allan Small has more at metronews.ca/investing



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Changing the name change game

Justice Minister Ross Landry has introduced legislation aiming to prevent criminals from hiding their records through a legal name change.

The Identification of

Criminals Act introduced last night requires anyone who wants to change their name to submit to a criminal-record check and provide fingerprints.

Once the check is complete, the fingerprints will be destroyed, according to Landry. If a criminal record exists, it will be connected to the applicant's new name in the RCMP's nationwide registry. ● METRO

College mourns loss of student

Flags were flying at half mast yesterday at the Nova Scotia Community College in Pictou for Amber Kirwan.

In a memo sent to students at the campus, principal David Freckleton said grief counselling was available and flags would be flying half-mast as a way for the college to pay its respects to her.

The 19-year-old homicide victim was a student in the



Amber Kirwan

college's academic and career connections program. NEW GLASGOW NEWS

Cops catch man driving 225 km/h

Police say a 25-year-old Dartmouth man is facing a charge of stunt driving in excess of 225 km/h on Highway 103 near Timberlea on Friday night.

Officers stopped a 2007 Jeep Cherokee driven by the 25-year-old. ● METRO

Teens face multiple B&E counts

Police say two youths are each facing three counts of break-and-enter after a number of homes under construction in Halifax were broken into between Oct. 21 and 29. The males, aged 14 and 15, allegedly damaged homes on Halef and Brewer Courts. ● METRO

Nova Scotians killed in Afghanistan honoured

- ▶ Defence Minister Peter MacKay on hand to unveil new monument
- ▶ Project started by Air Force captain to remember his fallen friend

The 16 Nova Scotians killed while serving in Afghanistan since the conflict began were honoured yesterday with the dedication of a new monument.

Defence Minister Peter MacKay and the province's Lt.-Gov. Mayann Francis helped unveil the black granite block during ceremonies at Canadian Forces Base Shearwater.

The monument project was started by Air Force Capt. Bill Thomey as a way of remembering his good friend Capt. Jeff Francis, who was killed by an improvised explosive device on July 4, 2007, at the age of 37.

"It's great that now we have a location where we can all gather to reflect and really, truly be together, to remember fallen friends and those family members that we've lost," said Thomey following the ceremony.

He said he was participating in a naval exercise off the U.S. coast when word of Canadian casualties gave him a "bad feeling."

He said he learned the

"I'll remember his strength, his bravery. He was an example to all of us."

AIR FORCE CAPT. BILL THOMEY, ADDING THAT CAPT. JEFF FRANCIS WOULD BE PROUD OF THE NEW MEMORIAL

▶ Russ Francis speaks during the unveiling of a monument to honour Nova Scotians who lost their lives in Afghanistan at 12 Wing Shearwater yesterday afternoon.

Francis's son Capt. Jeff Francis was killed in Afghanistan in 2007.



very next day that his friend was among the dead.

"I'm sure he'd give me a ribbing about it in some way or another, as a big brother would, because that's kind of the way I thought about him."

Francis's father, Russ, said he is proud of his son, adding that the me-

morial would mean a lot to all those who lost someone in the conflict.

A military chaplain read out the 16 names while dedicating the memorial, which has been in place since August.

THE CANADIAN PRESS



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News in brief

THE CANADIAN PRESS



Ship-accident investigation launched

HMCS PRESERVER. Defence Minister Peter MacKay said the federal government has launched a full investigation into an accident involving HMCS Preserver and a dry dock at Irving Shipyard.

The Preserver, a supply ship being refitted at the Irving yard, collided with the dry dock on Friday, damaging the dock and ripping a hole in the side of the ship.

MacKay said there was no oil spilled, and nobody was injured in the collision. He also said it was fortuitous the accident happened at the yard, where repairs can begin immediately.

The report should be available in a matter of days, MacKay said.

● METRO

Police look into rock-throwing complaints

VEHICLES. Police are investigating four complaints of rocks being thrown at passing vehicles in Dartmouth last Friday.

Between 11 and 11:30 p.m., police say four male youths threw rocks at one car and three Metro Transit buses in the area of Victoria Road and Demetrious Lane.

In each case, the vehicles were damaged but no one was injured.

● METRO

Rising from the ashes

► Construction begins on the new Beaver Bank community centre after it was ravaged by a blaze



HEATHER GILLIS
HALIFAX@METRONEWS.CA

It was the pillar of Beaver Bank that burned to the ground.

But yesterday it was a sign of hope for residents who got a glimpse of what its new community centre will look like.

A sod-turning took place to mark the construction of Beaver Bank's new community centre, expected to open next spring.

"This is going to be this community's signature building for the next 25 years," said area Coun. Barry Dalrymple.

Dalrymple said the new building will be ecologically friendly and have geothermal heating.

The area has been without a community centre



RYAN TAPLIN/METRO

► Firefighters walk past the Beaverbank-Kinsac Community Centre after it was damaged by a fire in this 2009 file photo.

for over two years. It was just two years old when it was destroyed by fire in September 2009.

"The hole that it has left, over the last two years, in the community, is unbelievable," he said.

But the fire has also brought the community together. Area residents have managed to raise almost \$150,000 to replace things insurance didn't cover, including kitchen appliances and sound equipment.

Cheryl Leadley and Marina Johnson, owners of the Beaver Bank Children's

Learning Centre, which was housed in the centre, were at yesterday's event and said seeing the design for the new building is bittersweet.

"The fire that we had has made us so strong and so close. We've been waiting as patiently as we can for this to arrive," Leadley said.

"Beaver Bank is growing so quickly, and there are a lot of families and a lot of children waiting to get back into this building."

Added Johnson: "To be able to be back together again is just amazing."

Company gets new producer

The Eastern Front Theatre has a new face and a new permanent home.

Playwright and actor Charlie Rhindress is the company's new artistic producer and Neptune's Studio Theatre is the place where performances will be shown.

Rhindress brings a wealth of experience to the post.

He has been involved in theatre since elementary school and co-founded a company called Live Bait Theatre with friends upon graduation from Mount Allison University in Sackville, N.B., in 1988.

"It's quite a good fit for me," Rhindress said of the position, which he took over from Scott Burke. "Eastern Front is very similar in size to Live Bait, which I ran for a number of years."

Rhindress said he's committed to showcasing Atlantic-Canadian playwrights with Eastern Front, which is premiering its new season tonight with the world debut of The Passion of Adèle Hugo.

It will be Eastern Front's first major production at Neptune's Studio Theatre, which is now their permanent venue.

"Hopefully it will make it easier for people to find us," he said. ● HEATHER GILLIS

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Jackson's doctor guilty of manslaughter

► 'Michael was looking over us,' sister La Toya says after verdict read

Michael Jackson's doctor was convicted of involuntary manslaughter yesterday in Los Angeles after a trial that painted him as a reckless caregiver who administered a lethal dose of a powerful anesthetic that killed the pop star.

The verdict against Dr. Conrad Murray marked the latest chapter in the lurid spectacle that has surrounded the death of Jackson on June 25, 2009.

Members of the singer's family wept quietly, and his mother, Katherine Jackson, said, "I feel better now."

Murray, 58, sat stone-faced during the verdict and was handcuffed and taken into custody without bail until sentencing on Nov. 29. He appeared calm as officials led him out of the courtroom.

They, the jury

- The jury deliberated for less than nine hours.
- It was unclear whether they determined that Murray administered the fatal dose of the anesthetic propofol in deciding he was responsible for the death of Jackson.
- Prosecutors said Murray violated at least 17 standards of care, a number of which could have resulted in death.

Throughout the trial he insisted he administered only a small dose of propofol on the day Jackson died. His lawyers and defence experts blamed Jackson for his own death, saying the singer gave himself the fatal dose while Murray wasn't watching. A



► The crowd erupts outside a Los Angeles courthouse yesterday after Michael Jackson's doctor, Conrad Murray, was convicted of involuntary manslaughter in the death of the pop star.

prosecution expert said that theory was crazy.

As the verdict was read, a shriek broke the silence in the packed courtroom,

and the crowd erupted outside the courthouse. Jubilant fans cheered and held signs that read "guilty" and "killer." Pass-

ing motorists honked their horns.

Deputy District Attorney David Walgren said the sympathies of prosecu-

tors went out to the Jackson family who have "lost not a pop icon but a son and a father."

THE ASSOCIATED PRESS

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2011 BURSARY WINNERS



Tammy's family presents Jeremy Smith with the Tammy Trider Student Memorial Bursary 2011.



Jim Hanlon, president, presents Samantha Lowry with the Ultra Electronics Maritimes Systems Inaugural Bursary 2011.



Heather's family presents the Heather-Anne Foston Memorial Student Bursary 2011 to Linda Hines, on behalf of her daughter, Zatora Hines.

This year, Ultra Electronics Maritime Systems created a bursary program to assist students with their studies.

The program is open to employees' children who are pursuing post-secondary education. To be considered, students must complete the application, which includes writing an essay, as well as providing references and transcripts.

The entries were all so excellent that we presented a third bursary to a well-deserving student. Each student received a \$1,000 bursary.

Of the three awards, two are in memory of former Maritime Systems employees who passed away in 2009.

Tammy Trider worked in production for over 10 years. Colleagues remember her most for her kindness and friendliness as well as her eagerness to help.

Heather Foston came from a family of Ultra employees, with her mother, aunt, and sister all working here. Heather excelled in various roles, from production and reception, to payroll and accounts payable.

Both ladies were exemplary employees and we are proud that they are part of the Maritime Systems family.

Congratulations to all recipients.

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► Social networks are knocking down barriers between work and private life ► For employers and employees, navigating the new territory means finding a balance between tweet surrender and a closed Facebook



SEAN MCKIBBIN
@METRONWS.CA
METRO CANADA IN OTTAWA

Checking your Facebook or Twitter feed from the office?

Maybe you're not allowed to, but experts say it's increasingly difficult for employers to enforce policies that disconnect workers from social networks.

"There's a lot of fear. Some companies are staying away from it, some companies are embracing it and there's a whole lot of rogue stuff going on," said Robert Collins, a consultant and former chief information officer for Cognos, a firm purchased by IBM that produces software that tracks employee performance.

Collins said while some managers worry about productivity loss, there's no evidence to show social media or Internet use has any impact on productivity overall.

"Before this technology people found other ways to waste time, chatting to co-workers or on the phone," he said. "There will always be problems with individuals. Those problems have to be addressed individually."

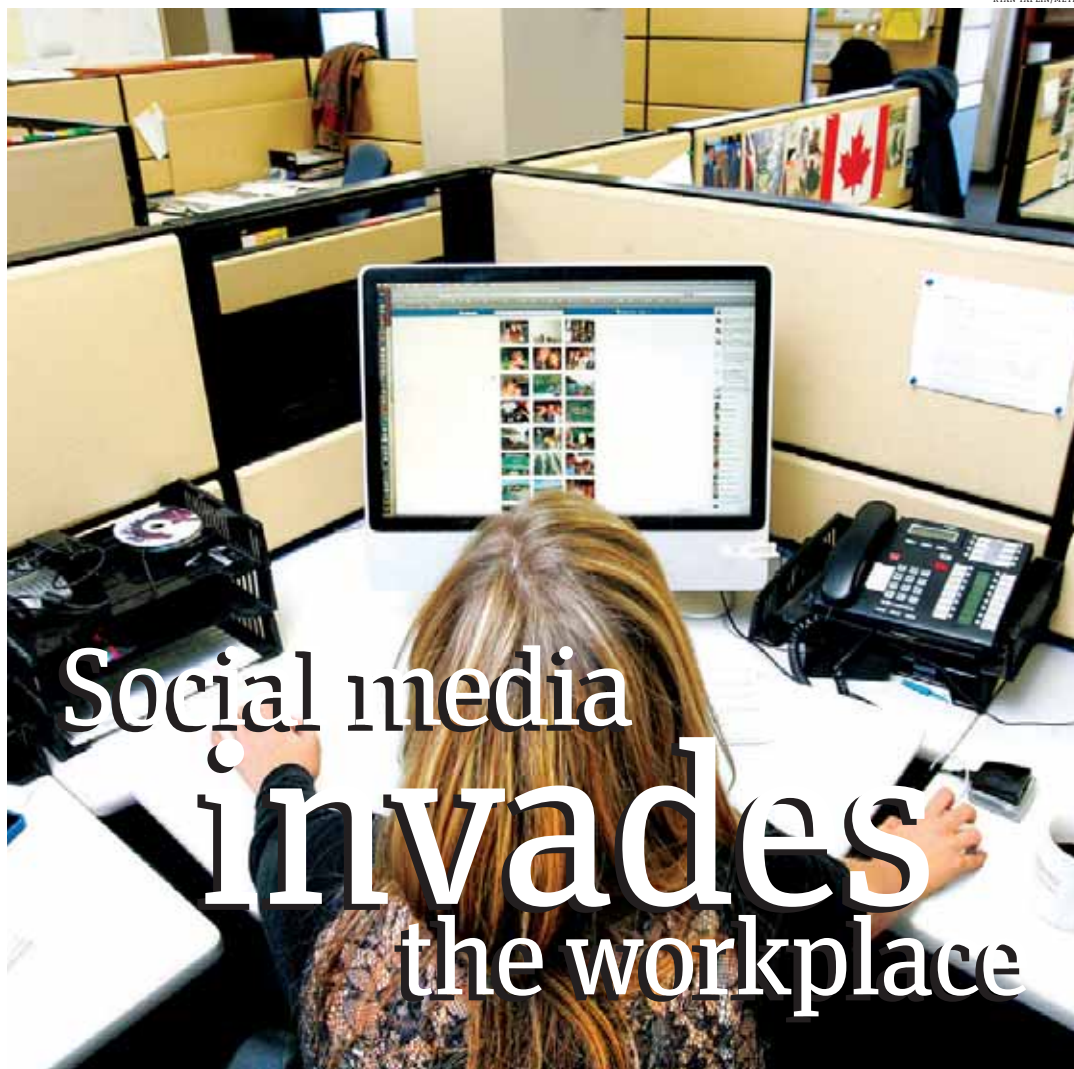
With mobile devices, it's no longer possible — or even desirable — to simply close off access, said Collins. For some workers, particularly those in communications, there's even a potential productivity gain, he said.

Employers need to face up to reality — social media is here to stay, he said.

"If your organization is not there on Facebook, not there putting out tweets, putting out a blog, somebody is going to fill the vacuum and they're not going to be doing it in the interest of your company," he said. Having a strong social media presence can counteract rogue or critical tweets, he said.

Employers also need to tell employees what is and isn't acceptable on social media. Some employers see personal social media use by employees as reflecting on them and some even ask employees to use their personal accounts for business purposes.

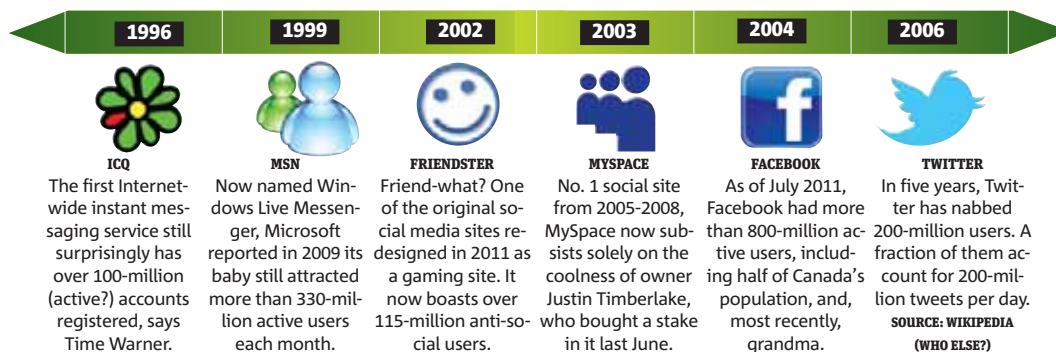
"There isn't any law on



RYAN TAPLIN/METRO

Social media invades the workplace

A look at some of (very recent) history's most popular social media tools



any of this. It's all in the realm of corporate policies," said University of Ottawa law professor Michael Geist.

Collins and other experts say firms reap huge payoffs in extra time worked due to employees

using mobile devices and laptops at home.

Linda Duxbury, professor and expert on organizational health at Carleton University in Ottawa, said that, in her research, the intrusion into home life isn't balanced by employees

using social media or running errands online at work.

"It's all one way. The expectation is that you do work at home," said Duxbury, adding people always had this pressure, but technology makes it easier.

Collins and Duxbury both said employees need to set rules about when they will and won't be connected.

"It's better to have that conversation with your boss when it isn't a problem," said Collins.

"I might tend to a private email or a private post while I'm at work, or I may be doing a work post while I'm at home. This very rigid distinction we used to have between work and play is no longer there."

MARK PERRY, ASSOCIATE COMPUTER SCIENCE PROFESSOR AT THE UNIVERSITY OF WESTERN ONTARIO IN LONDON, ONT.

Would you show it to your gran?

Wow. That was some party.

Great pics, too. So what did grandma think of them?

Before you post anything too personal to Facebook or Twitter, heed an expert's advice.

"It's best not to post anything that your grandmother wouldn't like," said Mark Perry, associate computer science professor at the University of Western Ontario in London, Ont. "Because it will come back to bite you at some point."

Perry said you should not only be wary of what you post, but how you post it.

"They should pay close attention to their privacy settings," Perry said when asked what employees should guard against to avoid getting in trouble at work.

And heads up: Watch those emails. If you're sending one titled "jerk boss," you might try "jerk beef" instead.

"There is software nowadays that can monitor email, so that it can search key words," Perry said. "It will select that out of the ingoing and outgoing email to employees." ● **JIM REYNO**

Quickest way to be de-friended? Post an ad, says expert

Want to be de-friended on Facebook?

Want to go from followed to unfollowed on Twitter?

No? Then stop regularly self-promoting your job or business from your social media account.

"It's about relationships first and sales second," warns Halifax-based social media expert Kathy Colaiacovo.

She should know. It's her business to do so.

Colaiacovo runs Time

On Task Virtual Assistant, where she sets up and manages social media marketing for small businesses and entrepreneurs across Canada and the United States.

"I wouldn't have had this business five years ago," said Colaiacovo, whose client list has grown to several dozen.

"Almost every one of my clients has found me online," she said. "So without Facebook, Twitter and LinkedIn ... I cer-

tainly wouldn't be in a position I would be in right now."

Colaiacovo has a few tips for those attempting to harness the power of social media for work, which more companies are doing and they now expect their employees to do the same.

"You don't want to have them inundated with (updates)," Colaiacovo advised for those who using personal social media sites for work. "In par-

ticular on Facebook, you can use lists so that you can ensure that certain groups don't see certain updates."

And don't make it all about you, she warns.

If you do find you're losing friends, Colaiacovo said it could be you're doing too much business networking.

"It comes back to what kind of content they're using and how much they're putting out," she said. **HEATHER GILLIS**

Dos and don'ts

Some of Kathy Colaiacovo's dos and don'ts for using social media at work.

- ▶ **Do fill out your bio information.** That's where people will make snap decisions on whether to follow you.
- ▶ **Do pick a user name reflecting your purpose, company, brand or who you are.**
- ▶ **Do post using the 50/30/20 rule.** 50 per cent business-related information, 30 per cent personal (things you would say at a networking event) 20 per cent sales.
- ▶ **Don't follow more people than follow you.** You'll look like a spammer.
- ▶ **Don't join too many groups of pages.** You won't be able to network effectively.
- ▶ **Don't post the same kind of update multiple times.** Post useful information others will see has value.

Putting your best Facebook forward

Should work be all about face time with the boss, or is the occasional Facebook chat with a friend OK? We polled 413 Metropolitan Panellists from across Canada on their views on social media in the workplace.

Do you use social media for personal reasons at work?

- 14% Yes, I provide regular updates throughout the day
- 41% Sometimes, but only on my breaks
- 45% No, work time is for working



Are you Facebook friends with your boss?

- 17% Yes
- 83% No

- ▶ **@EastCoastKnits:** No way. Facebook is for private life. Work is work.
- ▶ **@88Styles:** If I am Facebook friends with my boss I make sure to keep them on a limited profile. My personal life isn't their business.
- ▶ **@katbow:** It's okay to friend the boss on FB. That way, there's no surprises when you get sloppy at the company Christmas party.
- ▶ **@Altillopinionated!** I was and the removal resulted in backlash that I will be forever haunted by.

The pictures on your profile are:

- 95% Tame and wouldn't embarrass my employer
- 5% Uncensored party shots I wouldn't want my boss to see



Think those party shots can't get you into trouble? The Internet is rife with stories of people getting canned after boozy photos showed up online.

- ▶ **No cheers here.** In 2008, a New England Patriots cheerleader was given the boot after Halloween party photos surfaced on Facebook showing her holding a Sharpie next to a passed-out man covered in offensive graffiti.
- ▶ **How tame is tame enough?** Just last month a court ruled against reinstating a Georgia teacher who lost her job after a complaint about photos on her Facebook page was sent to her school. The vacation photos included shots of her drinking at pubs and cafés around Europe.

When should online posts be grounds for dismissal?*

- 48% When they're work-related and negative
- 37% When associating with you is embarrassing for the company
- 69% When they break a pre-existing company policy
- 16% Never, my online life is my business

Tweet talk. Back in April, Glee extra Nicole Crowther was fired for tweeting a rumoured spoiler, prompting show producer Blad Falchuk to tweet: "hope you're qualified to do something besides work in entertainment."

Have you been reprimanded for using a social network at work?

- 1% Yes, big time
- 46% No, it's not an issue where I work
- 8% Somewhat, but nothing harsh
- 45% I don't use social media at work
- ▶ **@DefiantHeather:** I have multi-screen-itis and have been called on it. I prefer to be judged on production, not perception! #multislacker

28%

Number of respondents who said they had to be "sneaky" when using social media at work.

Reader tips

We asked: If you must, what are your tips for sneaking onto social media at work?



- ▶ **@ChrisDca:** Certain web browser plug-ins can make it possible to update your Facebook status and tweet from the address bar. Sneaky.
- ▶ **@Brittanymaria:** Check Facebook on your phone when you use the bathroom.
- ▶ **@Gramiq:** take responsibility for running your company's social media accounts. Suddenly you're paid for it!
- ▶ **@tamara1479:** my tip for social media is not to sneak at all. Tell the boss studies show it increases productivity!



*PANELLISTS COULD CHOOSE MORE THAN ONE ANSWER



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MAKING THE MOST OF HIS MOUSTACHE

SHE SAYS ...

JESSICA NAPIER
METRO



Remember when November was just that boring month sandwiched between pumpkin-spice-latte season and the holidays? With no long-weekends in the mix, the 30 unspecial days following Halloween would just drag by without any consequence.

Now, this once-dreary month has been taken over by an army of moustached do-gooders. November has been rebranded as Movember — or, as I like to call it, Ironic Facial Hair Appreciation Month.

While fundraising efforts to battle prostate cancer are commendable, fellas with newly acquired 'staches need to realize that these charitable whiskers can be a little uncomfortable for your partner.

“Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair.”

If you find yourself getting close to a Mo Bro during this hair-raising month, here are a few things to keep in mind.

In the early stages of moustache growth, your man will probably be working with some pretty weak pre-pubescent hairs. Depending on his growing capabilities, this unsightly stubble may stick around for the entire month. Try to look past the tragic teen 'stache and remember the noble cause behind his

creepiness. Is wispy upper-lip hair a turn on? Absolutely not. But there's something pretty sexy about a man who's willing to donate his face to a worthy cause.

If you're used to being with a clean-shaven guy, it's going to take a while to get on board with kissing a moustachioed man. It'll feel a bit like making out with a broom at first. Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair.

Depending on his level of creativity, your man may decide to groom his altruistic facial hair into a themed mo. Popular styles include the Captain Hook, the pencil, the horseshoe, the Charlie Chaplin, the toothbrush and, of course, the always creepy handlebar. Some thematic moustaches will make you laugh, but most will make you cringe with horror. Resist the urge to look away. Instead, be supportive and walk proudly down the street with your Hulk Hogan look-alike.

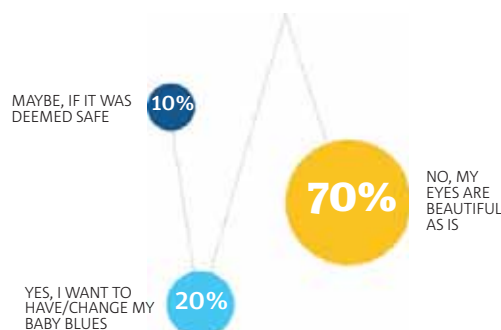
Once his 'stache is fully formed, your man is going to be deluded into thinking that he is the new Magnum P.I. In reality, he'll probably look more like a C-list porn star. To be fair, there are very few men who can pull off a moustache. If you think he might start considering a year-round moustache, quickly insist that Tom Selleck's ladies'-man status is most definitely the exception, not the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Would you ever consider laser surgery to change your eye colour?



Worth Mentioning

It turns out that catching cancer early is not always as important as has been thought.

Some tumours are too slow-growing to ever threaten your life. Some are so aggressive that finding them early does not make much difference. And today's treatments are much better for those somewhere in the middle.

Those complexities are changing the longtime mantra that cancer screening will save your life. In reality, it depends on the type of cancer, the test and who gets checked when.

“We can find cancer early. We can reduce the burden of the disease. But along the way, we're learning our tests are not as perfect as we'd like,” says the American Cancer Society's Dr. Len Lichtenfeld. “We're learning that we're now finding cancer that would in fact never cause harm.”

Now cancer specialists are struggling to find a new balance: To quit over-promising the power of early detection and to help people understand the tests themselves have risks — while not scaring away those in need of scanning.

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Local tweets



- ▶ **@barrywood:** @ThatKevin Smith Welcome to Halifax, Kevin Smith. We should be “Nova F. Scotia,” the F standing for friendly.
- ▶ **@StasisNS:** @ThatKevinSmith Hope you're enjoying #Halifax so far! We're happy to have you here!
- ▶ **@krisp131:** The brand-new sidewalk on Sackville St at Argyle has been blasted off. What gives, @hfxgov?
- ▶ **#halifax**
- ▶ **@TaliBee:** Beautiful day in #Halifax. I love my city.
- ▶ **@paullogan_:** I hate missing class because of metro transit #Halifax #c'monbro
- ▶ **@oasischicken:** Are there any boxing fans left in Halifax? Speak up! Tweet me! #boxing #Halifax
- ▶ **@JessicaMischiek:** Another warm sunny #november day in #halifax ! I live in the best city <3
- ▶ **@meaggy:** why does halifax airport pretend they have internet
- ▶ **@BosnDavid:** It's t-shirt weather in #Halifax let the sun shine bright.....?



photo of the day



▶ This photo titled **Monster City** was submitted to the Alienation category by Carlos Silva from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Doing a good deed saves one man's life

A Canadian man who helped another motorist change a tire in western Wisconsin had his good deed repaid when that motorist saved his life just minutes later.

Victor Giesbrecht, of Winnipeg, was driving near Menomonie on Saturday evening when he stopped to assist with a tire change. The Wisconsin State Patrol says the 61-year-old then drove away and

suffered a heart attack a few kilometres later.

Giesbrecht's wife stopped the pickup truck and waved her arms, and the motorist whom they had helped just a moment earlier stopped and performed cardiopulmonary resuscitation.

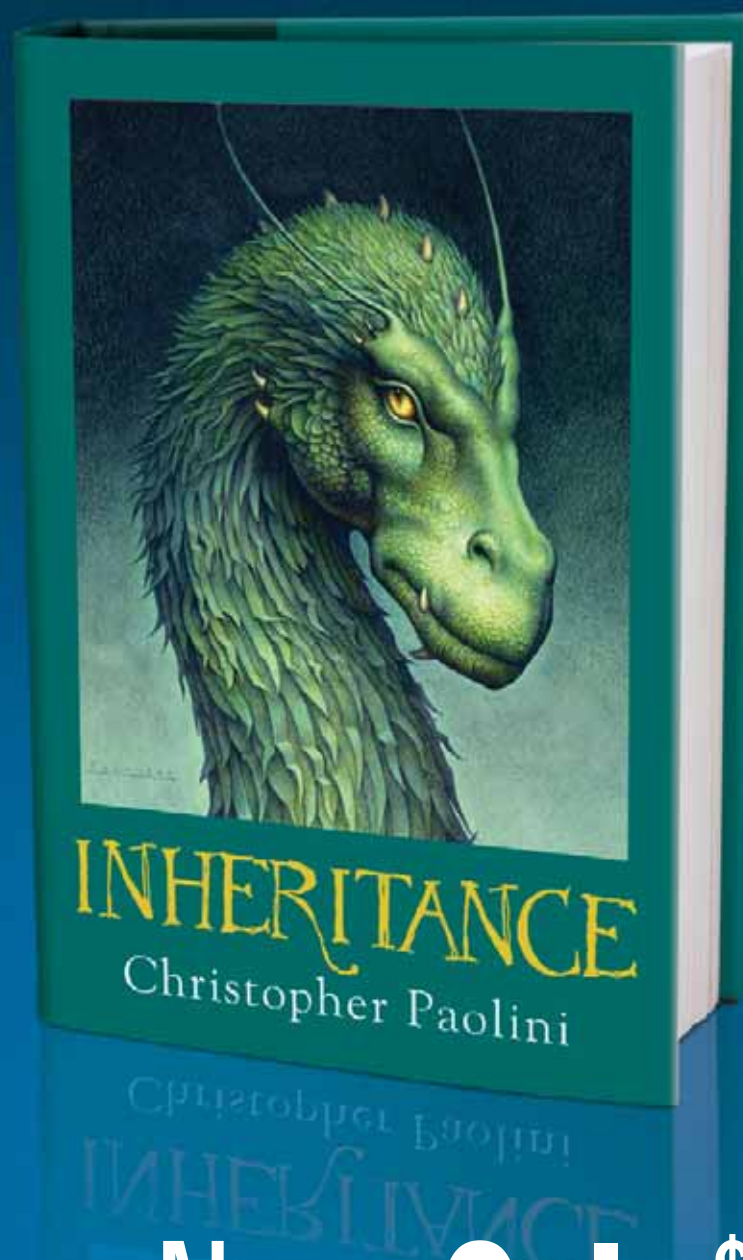
Patrol Sgt. Michael Newton told the Star Tribune that if Giesbrecht hadn't helped with the tire, his rescuer may have remained stranded too far away to help.

“If he had been a few more miles down the road ... it could have been a different outcome,” Newton said. “It's an interesting turn of fate.”

Giesbrecht was hospitalized in serious condition yesterday.

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Take. Off



TED S. WARREN/THE ASSOCIATED PRESS FILE

► In this Sept. 27 file photo, the first Boeing Co. 787 plane delivered to a commercial customer takes off for Japan, in Everett, Wash. The plane will be operated by Japan's All Nippon Airways.

New Boeing lands with a glitch

Boeing's new 787 plane, which just started carrying paying passengers, ran into its first technical glitch when the landing gear failed to deploy on Sunday. The pilots used "an alternate procedure that worked," according to a Boeing spokeswoman. The plane landed safely and there were no reported injuries.

Arbitration a blow for airline union

► More than 65 per cent rejected the deal but only 73 per cent voted

The union representing Air Canada's flight attendants slammed an arbitrator's decision yesterday that imposes a tentative agreement negotiated by its leadership but rejected by employees last month.

Canada Industrial Relations Board arbitrator and chairwoman Elizabeth MacPherson endorsed Air Canada's position that the provisions be imposed without alteration. The deal expires March 31, 2015.

CUPE national president Paul Moist suggested that the government's constant interference in collective bargaining tipped the scales in favour of the company.

However, MacPherson noted the union won improvements in the second tentative agreement, unanimously recommended by its bargaining committee.

Air Canada said it was pleased with the decision to implement terms of the deal reached in September.

MacPherson said her decision resembled what would have been achieved had the case not been referred to an arbitrator and

instead had run its course through collective bargaining — including the right to a strike or lockout. A strike was averted when federal Labour Minister Lisa Raitt referred the dispute to the quasi-judicial board.

CUPE wanted the arbitrator to improve upon the second tentative agreement by adding four provisions, including further increasing wages.

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Market moment

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No pics for U.S. cig packs

A district judge blocked a U.S. government requirement that would have forced tobacco companies to put images on packages. He ruled it is likely a lawsuit will succeed in blocking the requirement.

The judge found the nine graphic images approved by the Food and Drug Administration in June go beyond conveying the facts about the health risks of smoking.

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Chef cooks local, abroad

- ▶ Canada's Massimo Capra jets around the world in a new series called *Gourmet Escapes*
- ▶ Master chef spreads the word about eating natural, local and seasonal products

Canadian celebrity chef Massimo Capra cooks local from afar in his new series *Gourmet Escapes*.

Flying to locations including Holland, Iceland and Switzerland, the mustachioed, jovial Italian native gets his hands dirty as he meets with farmers and chefs to highlight how various cultures benefit from eating natural, local and seasonal products. He also makes mouth-watering meals out of area offerings (golden beet risotto, anyone?).

In the first episode, which debuted Nov. 2 on *Travel+Escape*, the Toronto-based Capra visits Northern Ireland, donning a beekeeping suit to extract honey from hives and stopping by a farm where free-range pigs are raised.

In Wednesday's installment, he goes to Lunenburg, N.S., where he and a local chef go on a fishing expedition that yields mussels, lobster, scallops and a whopping 150-pound halibut.

"The more natural the better it is, and the old-fashioned ... ways are always the best," Capra said in a recent phone interview.

"That's exactly what I've always been about and that's why my food isn't complicated. I call it 'rustic elegance.'"

"I want (clients) to taste the thing that they order. I don't want them to have this weird experience



▶ Canadian celebrity chef Massimo Capra says that the more natural food is, the better.

where peas are not real peas but they're actually, I don't know, pureed dust with powder on top and mixed with some chemical that turns them into little spheres that look like peas, taste like peas but are not peas at all."

Capra's culinary chops and amiable nature have made him a beloved TV personality. He has a regular spot on Citytv's daytime talk show *Cityline* and was on the Food Network series *Restaurant Makeover*.

He also has two restaur-

ants in Toronto — *Mistura* and *Sopra* — and is a national column writer and author of two cookbooks.

Capra fell in love with cooking as a child helping out in his mother's kitchen in Cremona, Italy, where he plans to travel later this month to tape an episode for *Gourmet Escapes*.

He grew up on a farm there until age 14, eating only what was grown or raised by his family, and never wasting leftovers.

"Every Saturday my mother would go into the

chicken coop and pick a victim and pet the chicken a little bit and yank the neck and that's it, you know what I mean? And it's done," said Capra.

"You cook it and you eat it and on Sunday, you have a beautiful meal and then you eat the leftovers for the next three days. And amongst that you try to eat as much vegetables and grains as possible.

"So it wasn't meat every single day or twice or three times a day. It wasn't bacon in the morning, burger at lunch and steak

"If you train yourself to eat local and in-season, it's the best thing you can do for yourself and your own environment"

CHEF MASSIMO CAPRA

at dinner. It was never like that."

Capra has maintained that sensibility throughout his culinary career, cooking with local, in-season ingredients wherever possible.

"Can you get any better nutrients than local and in-season? I don't think that you can," he said, noting some of his clients sometimes don't understand why they can't order fresh fruit at his restaurants in the middle of winter.

"We want to have our strawberries and our raspberries all through the year, right? We're not supposed to. You don't get anything out of those strawberries and raspberries because they are not flavoured. On occasion, yeah, bring them in, by all means — we still need our lemons, we still need our accoutrements in the kitchen.

"But if you train yourself to eat local and in-season, it's the best thing you can do for yourself and for your own environment."

THE CANADIAN PRESS

2
scene

Scene in brief



Oscar-winning filmmaker Paul Haggis is joining the Canadian Film Centre to help up-and-coming moviemakers. The CFC announced yesterday that Haggis will serve as chair of the centre's film programs. It's expected he'll deliver one master class each year and will help the centre promote greater international awareness of its movie programs.

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Gaga dress and prop gun, John Lennon sketch, Mick Jagger costume among U.S. rock auction items

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Raising Hope springs eternal

► Carpe Diem mindset of show's crew responsible for increasingly wild narrative ► Character back stories explored

PAT HEALY
SCENE@METRONWS.CA
METRO WORLD NEWS IN BOSTON

The writers of *Raising Hope* come up with such reckless back stories (mild mannered main character Jim-

my Chance's angry goth phase, his father's decision to fake a kidnapping to go live in a Winnebago with a

stranger, etc.) it almost seems as though they are constantly thinking the show is about to be canceled.

But creator and executive producer Greg Garcia says the moment that they found out they were renewed for a second season was actually when they started taking these wild liberties.

"If anything," says Garcia, "it was more like, 'Hey, we're green lit for a second season. Let's do something and get crazy with this!'"

It's not like the show began with the most regular premise — Jimmy, a 23-year-old grocery store employee has a one-night stand with a serial killer, gets her pregnant, and has to raise their daughter after she is executed.



► *Raising Hope* stars Lucas Neff as a single parent to an infant after the mother he had a one-night stand with ends up on death row.

Meanwhile, Jimmy still lives at home with his senile great grandmother and his parents, who are only about 15 years older than he is. But Garcia and company took it a few steps further.

"I think just toward the end of the season, we — the writers and I — sat down and thought about what

would be a good season ender," he says, "and then we came up with all those people's back story and stuff. It was just fun and we knew what we had done during the year, so we knew what we kind of had to stick true to as far as the reality of things."

Raising Hope airs Tuesday nights on Citytv.

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Is there a bun in the royal oven?



► Duchess of Cambridge can't seem to keep her hands off her belly

It seems Kate Middleton can't make a move without sparking pregnancy rumours.

First, while visiting a UNICEF facility in Copenhagen, the Duchess of Cambridge declined to eat peanut paste, a food expectant mothers are usually advised to avoid.

And then her body language later in the visit only prompted further speculation.

"It was very odd," a source tells the Daily Mail.

"Kate would not stop

"It was very odd. Kate would not stop touching her tummy — it was very noticeable."

SOURCE

touching her tummy — it was very noticeable. She continually patted it and held her hands against it.

She must have been doing it without realizing, and at one point she had both her hands cradling her stomach."

● METRO

BIEBS TO TAKE PATERNITY TEST

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca



Justin Bieber is putting the kibosh on Mariah Yeater's paternity suit

filed in San Diego Superior Court last week. A source confirmed to Access Hollywood that Bieber is going to take a DNA test when he returns from Europe, where he is attending the MTV Europe Music Awards with girlfriend Selena Gomez.

Yeater claims she became pregnant after an encounter in a bathroom with Bieber after a concert last year. The star "went from cute and gushy to just ... more aggressive," says Yeater in an exclusive interview with The Insider about their alleged 30 seconds of unprotected sex, which



claims resulted in the birth of her son.

Bieber has denied the claims, telling the Today show recently that he's "never met the woman."

He's not stopping at proving his innocence, either: Once the test comes back vindicating the Canadian pop star, his team plans to hit Yeater with a hefty lawsuit "to show there are consequences when somebody trumps up phony, hurtful allegations against a celebrity," a source says.

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TWITTER @DOROTHYATMETRO

MIXED UP IMMORTALS

Anagram

IMMORTALS is coming November 11, featuring lots of Greek gods, heroes and villains. Following is a list of the cast members, with the parts they play. There's a catch, though, as we've SCRAMBLED the letters that give their roles. It's up to you to unscramble them to spell the names of the 12 *IMMORTALS* characters. We've given you the first one to get you started... **Luke Evans is SUEZ or ZEUS**

• **Henry Cavill is SEE THUS**

or

• **Freida Pinto is HARD APE**

or

• **Kellan Lutz is POISONED**

or

• **Mickey Rourke is PHONY IRE**

or

• **Isabel Lucas is AT A HEN**

or

• **Joseph Morgan is SLY ANDRE**

or

• **Stephen Dorff is VS ASTRO**

or

• **Robert Maillet is MAIN TOUR**

or

• **Steve Byers is LEACHERS**

or

• **Corey Sevier is LA LOOP**

or

• **Stephen McHattie is
SNARES CAD**

or

Solutions: (left — right) THESEUS, PHAEDRA, POSIDON, HYPERION, ATHENA, LYSANDER, STAVROS, MINOTAUR, HERACLES, APOLLO and CASSANDER

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3 life

Prostate cancer



Prostate cancer is the most common type of cancer among Canadian men (after non-melanoma skin cancer). In 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer, and 4,100 will die of the disease. One in seven men will develop prostate cancer in his life.

PAULINE ANDERSON



Nearly half of students in Grades 7-12 targeted by sexual harassment: U.S. study



▶ Looking into your family history is an important indicator when it comes to identifying your prostate cancer risks.

The Mo(re) you know the better

► If you see lots of hairy men around the city this month, don't be alarmed ► They're sprouting moustaches to raise awareness and funds for research into prostate cancer ► "Mo Bros" are on a mission to educate



PAULINE ANDERSON
LIFE@METRONEWS.CA

The statistics are disturbing. According to one survey, fewer than half of Canadian men see their doctor on a regular basis. The study also found that almost one in four men haven't had a medical check up in at least five years. All indications are that men wait until their

symptoms are severe before seeking medical attention.

Whereas women are "conditioned" from an early age to see their doctor for an annual PAP test, which gives them an opportunity to review their overall health, guys just don't develop this habit, says Dr. Jonathan Kerr, a family doctor in Belleville, Ont.

"Young healthy guys be-

tween the ages of 15 and 35 years typically don't see the doctor, which breeds unfamiliarity and even discomfort at the idea of seeing a doctor," says Kerr. He adds that young men often don't see a doctor until they're "sick or have broken something."

It could be that men are averse to feeling vulnerable, or to putting themselves in someone else's care, says Dr. Mel Borins, a

Toronto family physician. However, Borins thinks that men's brains are also actually "hard wired" to protect their children and spouse rather than themselves.

Finding the time to see the doctor is another barrier for busy men. But an annual physical exam takes only about 20 minutes, and is an important time to review a man's health history.

November

To get involved, register at movember.com.

► Research Funds raised this month go to research into prostate cancer and to services for men living with this disease and their families, says Rebecca von Goetz, executive vice-president of Prostate Cancer Canada. Her organization is also launching a 1-800 number to offer tools to these men, including information on where to find a support group in their area.

\$22M

Starting in Australia, the Movember movement is celebrating its fifth year in Canada. Last year, almost 119,000 Canadian "Mo Bros" and their supporters raised more than \$22 million.

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BONNIE MUNDAY,
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Green Tea 101

The healing powers of green tea have been valued in Asia for thousands of years.

Black tea also has health benefits, but the powerful healing agents called catechins may be altered in black tea during processing.

Catechins, a class of flavonoids with antioxidant properties, are also responsible for tea's soothing flavour and aroma.

Disease fighter A catechin compound called EGCG is believed to have the ability to fight cancer at all stages, in three big ways.

It's purported to have the antioxidant power to seek out and destroy harmful free radicals. EGCG is thought to be able to inhibit an enzyme needed for the growth of cancer cells.

It's believed to have the capacity to induce death of cancer cells without harming the healthy cells.

Fat fighter As if green tea's disease-fighting capabilities weren't enough, evidence suggests that it may promote weight loss.

Though the amount you need to drink to achieve this hasn't been specified, researchers suggest that long-term consumption of green tea may decrease the incidence of obesity.

How much caffeine? Tea leaves actually contain twice as much caffeine by weight as coffee beans do. But when measured by volume, tea has only half as much caffeine as coffee, because tea is drunk weaker and coffee is more completely extracted from the grounds.

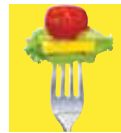
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Hearty down south eatin'

► Q Smokehouse and Southern Barbeque serves southern favourites such as beef and pork ribs, brisket and pulled pork ► Eatery offers fun atmosphere

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



I begin to photograph lunch and the manager yells, "Culinary espionage!" If only he knew.

The BBQ Sampler (\$19.95) is indeed photogenic with beef and pork ribs, brisket, pulled pork and chicken, coleslaw, a small slice of excellent cornbread and our choice of sides:



► BBQ Sampler (\$19.95).

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1580 Argyle St.
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qmeats.ca

Social lunch: Yes
Price range: \$\$
Rating: 3.5 out of 5

Dirty Rice and Baked Beans. There are several sauces but Bad Attitude is irresistible with its jalapeno and habanero peppers.

The ribs, with a serious kick, are best. The brisket, pulled pork and chicken

are delicious, too. The rice is flavourful, and the addition of horseradish makes ordinary baked beans something special. Only the pork ribs disappoint as they're way overdone.

Southern blues music is

playing, the atmosphere is fun, and the service is friendly though you order at the counter. The grease left on the plates reminds me why I don't eat this way often, but for a treat it's sheer delight.

101.3 THE BOUNCE
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Top 5: November 7th

- 5 Hedley - Invincible
- 4 Alexandra Stan - Mr. Saxobeat
- 3 Katy Perry - The One That Got Away
- 2 Cobra Starship - You Make Me Feel
- 1 LMFAO - Sexy and I Know It

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EASE THE BURDEN

SCHOLARSHIPS AND BURSARIES CAN OFFER FINANCIAL RELIEF FOR STUDENTS

If you are a high school student considering attending a university or college after graduation but are worried you won't be able to afford the expense of a three- or four-year undergraduate degree, possibly followed by graduate studies, you are not alone.

"Students are facing more financial barriers than ever before, thanks to high tuition fees, more student debt and less government funding than 30 years ago," says Roxanne Dubois, the chairperson of the Canadian Federation of Students.

With annual tuitions averaging \$5,000, plus the cost of books and living expenses, it's no wonder that by the time students earn an undergraduate degree, they could be up to their ears in

GOVERNMENT PROGRAMS AVAILABLE

The Canada Student Loans Program and the Canada Student Grants Program help by providing student financial assistance in the form of repayable loans and non-repayable grants to Canadians attending post-

secondary education in most provinces and territories.

For information about both programs, visit hrsdc.gc.ca/eng/learning/canada_student_loan/index.shtml.

debt. The good news is there is some relief at hand. "Scholarships, bursaries and grants are sums of money designed to help pay tuition fees that students don't have to pay back," says Dubois. These "gifts" can run anywhere from \$500 to covering full tuition costs.

Students can apply to the Canada Student Grants Program and the Cana-

da Student Loans Program; each province has a similar financial aid program. "You can apply for both as long as you meet the criteria," says Dubois.

Don't forget to check out the post-secondary institution you are either planning to attend or in which you are already enrolled.

The school's website should have in-

formation about the annual scholarships, bursaries and grants it offers, or you can call the student financial aid office, students' union office or student services office for information.

If you want to dig deeper, you can make some calls to local public agencies that might offer scholarships to certain special interest groups, such as women, francophones or First Nations peoples.

"While scholarships, bursaries and grants don't usually make much of a dent in the overall debt load unless someone is lucky enough to get one that pays full tuition, they do help ease the financial burden somewhat for those who receive them," says Dubois.

— Jane Doucet

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FINDING RIGHT BALANCE

Losing her spot on the honour roll is the price Amy Pielaszek has to pay for working 30 hours per week as a drug store supervisor. "It's stressful at times," says the 20-year-old Mohawk College student. "It's hard to balance everything. If I work the night before I have a test, I'm kind of screwed."

Pielaszek isn't alone. A survey of professors and librarians at Ontario universities found that paid work during the school year could be hindering students' studies. As tuition fees and cost-of-living

expenses continue to rise, students are looking for ways to offset escalating costs.

Post-secondary counsellors say there is a maximum number of hours a student should work to successfully manage a full course load. And many work beyond that.

Ottawa's Carleton University uses the 60-hour rule. If a student is taking 15 hours of classes per week and studying the recommended bare minimum of two hours for every hour of lecture, that totals 45 hours, leaving 15 hours left for paid work.

— Kelly Putter

EARLY BIRD GETS JOB

INTERNSHIPS TAKE TIME AND EFFORT

When Heather MacLean was seeking a 2009 summer internship that was part of her master of publishing program at Vancouver's Simon Fraser University, she took a strategic approach.

First, although the internship would run from May to August, MacLean began considering her options, doing her research and contacting people the previous fall.

"I thought, if I want to work in the U.S., is that even possible? What's the paperwork? Can I afford it?"

MacLean wanted a paying internship, since she had completed a non-paying one a few years earlier. By January, she had secured a paying internship with the Department of Canadian Heritage in Ottawa in the Book Publishing Industry Development Program (now the Canadian Book Fund).

MacLean offers the following pointers on snagging an internship:

PICK UNPAID OR PAID. It's important to decide whether you can afford to work



DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

for free for two to four months. "If people are willing, it can be the foot in the door they need to break into an industry," says MacLean.

EVALUATE YOUR LONG-TERM GOALS. MacLean required a solid work project to base her thesis on, which was the point of her internship. "I needed an industry supervisor I could rely on and who would respect and appreciate the months of work I would be doing at their office and how my research would benefit them." The federal government co-op program met those needs.

DO YOUR HOMEWORK. While many programs help set up placements by offering their industry contacts, you have to do a lot of the legwork yourself. "I sent my résumé via email and arranged follow-up phone interviews," says MacLean.

— Jane Doucet

HANDS-ON LEARNING

GET OUT OF THE CLASSROOM AT SAINT MARY'S

After 12 years of classroom-style learning, students are looking to try something different by the time they reach university. At Saint Mary's University, there is an emphasis on experiential learning, which means learning to do, by doing.

At the university, students are able to get out of the classroom and into the lab or field to experience things first-hand.

"A degree doesn't just mean sitting in a lecture hall," says Marie Braswell, the director of admissions and recruitment at the university.

Experiential learning allows students to gain practical experience and to better understand theoretical concepts, which gives them a head start for life after university.

"If you're a physics student working on a radiation detection system and your name is on multiple pieces of research you're in a much better position," says Braswell.

Braswell says universities have been improperly labelled as places where theory reigns supreme, as opposed to

HOW TO MAKE A DIFFERENCE

Ashley Dawson is quite familiar with Saint Mary's University's practice of learning to do by doing. Last year, the fourth-year arts student majoring in political science found herself in New York for four days participating in a model UN exercise.

"The experience allows you to understand how you can make a difference and affect things, versus just reading a book and writing a paper," she says.

Dawson says this experiential learning allowed her to take what she learned in the classroom and apply it.

"You do get an opportunity to experience things in real life," she says.

colleges, which have a reputation for providing work-ready graduates.

"That's not the way it is today," she says. "Students looking for the real world experience that will help them start a career and the theory that allows them to move up within their career field can get them both at Saint Mary's."

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from 12:00 pm to 2:00 pm
Room G 219
Nova Scotia College of Art and Design

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from 4:30 pm to 6:30 pm
Auditorium B, Seton Academic Centre
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University of King's College

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Last week I had an experience that I absolutely want to share with all of you.

I was scheduled to deliver an important speech to the executives of several very prominent hotels here in Shanghai. As I arrived at the hotel I struggled to get out of the very small taxi. In my struggles, all of a sudden I heard (much to my

horror) a huge rip. Yes, my pant crotch, from front to back, was wide open and everyone outside of the car was exposed to my Calvin Klein's. A true wardrobe malfunction was in full swing. So what to do? I did not have enough time to go back to my hotel to change and I could not stay like this to deliver my speech. So,

stuck in the back of the taxi feeling very embarrassed and awkward, I asked my host, Ms. Catherine, who had just experienced this display, if she had someone at the hotel who could sew my pants in an emergency.

And this is the part that's so fabulous. Ms. Catherine, a senior hotel vice president who was meeting me, calmly said, "Oh Mr. MacPherson don't worry, this is not the first time this

has ever happened. Please follow me to a private area and we will call the seamstress right away."

And then while walking together she graciously said without missing a step, "While we wait for the seamstress can I order a coffee or tea for you?"

You can all imagine how embarrassed I was. But Ms. Catherine, with good etiquette skills, made me feel very comfortable in such an

awkward situation.

I was so lucky to have Ms. Catherine there. She put me at ease, didn't draw any unnecessary attention to me and we all got through it painlessly. At the most important moment, Ms. Catherine made me feel calm and comfortable and for that I am eternally grateful, so thank you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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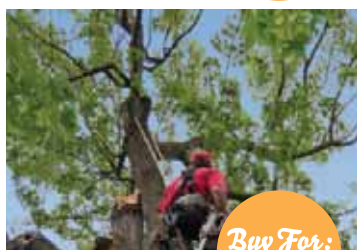


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Wanted: Youth bailout package

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



A September 2011 study by the BC Securities Commission has exposed an impending head-on collision that I've been warning about for years. The financial expectations of Canada's youth are on track to smash into their ever-diminishing financial reality.

The securities commission study surveyed over three thousand 17- to 20-year-olds across Canada.

They found that their expectations for the future were vastly different from current reality or what is most probably in the future.

Survey respondents expected to earn, on average, more than \$90,000 in 10 years time. Unfortunately, 25- to 30-year-olds with post-secondary degrees are now only averaging \$31,640.

These figures become even more ominous in the context of a recent Statistics Canada study showing that wages of those 20 to 34, across all levels of education, declined significantly in the 1980s and the trend has continued to present day, though at a lesser pace.

Now factor in unemployment for youth, which hovers in the 14 per cent range compared to the national rate of just over seven per cent, and the picture gets pretty bleak.

Adding menace to these statistics, over half of the 17- to 20-year-olds are already carrying an average of \$8,000 in debt from credit cards, lines of credit, stu-



► Many young people are
in debt and job-insecure.

dent loans and family borrowing.

By the time they graduate, according to a 2010 Vanier Institute of the Family Study, that amount will have swollen to \$18,000 not including family debt or lines of credit.

And what about those debts? Almost half say they are setting aside money and will "definitely" or "very likely" have them paid off in five years, while 25 per cent are doing nothing.

How likely is that these debts will be paid off in five years? Not likely based on a September 2009 survey by the Canadian Payroll Association, where two-thirds of Canadians 18 to 34 reported they would be in trouble if their paycheck was delayed by only one week.

We simply can't afford to let a generation fail.

We must make every effort to reduce youth unemployment and help them avoid or pay down debt, particularly student loans.

Since it is financial literacy month this isn't only a good goal, but also an essential one.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

- MacKinnon will face team that drafted him for first time on Friday
- Drakkar have lost four straight and are 3-7 in their last 10
- Game marks return of reigning Mooseheads MVP Gelinas to Halifax



Halifax Mooseheads centre Nathan MacKinnon.

Q's best blanked by hot Russian goaltender

Sergey Kostenko made 42 saves for the shutout as Russia beat Team QMJHL 2-0 in the opener of the Subway Super Series last night in Victorville, Que.

Russia mustered just 12 shots, but scored in the first and second periods.

"He (Kostenko) played well, you give him that, but at the same time, our team was a little snakebitten at times," Mooseheads forward Nathan MacKinnon told Sportsnet afterward. "We had some really good opportunities to put some goals up on the board and we didn't capitalize on our chances. There's another game on Wednesday and we'll come out stronger and ready to bury them."

MacKinnon skated on a line with Charles Hudon and Marc-Olivier Brouillard and finished with three shots. **METRO**

No concerns about Bad Blood vs. Baie-Comeau


MATTHEW WUEST
@METRONEWS.CA

Nathan MacKinnon is quickly dismissing the potential for drama as his first game against the Baie-Comeau Drakkar approaches.

The 16-year-old Halifax Mooseheads centre will face the Drakkar — who selected him first overall in June's QMJHL draft — on Friday at 7 p.m. at the Metro Centre after returning from the Subway Super Series.

While it's not a stretch to suggest the Drakkar will

be fired up to face him after he balked at reporting to Baie-Comeau and ultimately forced a trade, MacKinnon said there is no added motivation on his end.

"In a way, I wasn't really part of that. I never really got attached to that organization," said MacKinnon, who leads the Mooseheads with 30 points in 19 games.

"It's a little different for guys like Cuzzi (Brad Cuzner) and (Alexandre) Grenier who actually played for their teams (the Cape Breton Screaming Eagles and Quebec Remparts) and then coming back and play-

ing against them (after being traded to the Mooseheads). I'll just treat it like every other game and bring the same intensity."

MacKinnon was traded to Halifax on July 11, slightly more than a month after Baie-Comeau drafted him. In the blockbuster trade, the Drakkar acquired 19-year-old left-winger Carl Gelinas, 18-year-old centre Francis Turbide and three first-round draft picks.

Gelinas, Halifax's MVP last season, has a team-leading 23 points in 19 games and Turbide has four points in 19 games. The Drakkar started 8-1 but

have slipped to 10th overall with an 11-8 record.

"Maybe they've gotten over it (the trade situation) or they don't really care at all," MacKinnon said. "We'll see how it goes."

As the sixth youngest player in the QMJHL and a top-line centre who sits ninth in league scoring, MacKinnon gets plenty of physical attention on a nightly basis regardless of his opponent.

"I'm sure it'll just be a chippy game like every other game in this league," he said. "I'm looking forward to it and, hopefully, we can get a win."

4
sports

Correction



THE HALIFAX RAINMEN HOST THE MONCTON MIRACLES ON THURSDAY AT 7 P.M. AT THE METRO CENTRE. INCORRECT INFORMATION APPEARED IN MONDAY'S EDITION OF METRO. THE RAINMEN ARE 0-2, TIED WITH THE MIRACLES AND SAINT JOHN MILL RATS FOR LAST IN THE NATIONAL BASKETBALL LEAGUE OF CANADA.



Scan code for more sports.



► Sidney Crosby takes a hit from the Capitals' John Carlson at last year's Winter Classic at Heinz Field in Pittsburgh.

Crosby's return may be just days away

► Penguins star says it's possible he could return Friday against Dallas

Sidney Crosby didn't say no.

He didn't say yes, either. But yesterday, the NHL's sidelined superstar said he could return from his 10-month concussion layoff as early as this weekend.

While the Penguins captain emphasized his status hasn't changed — and there is no target date for his return — he also said he isn't ruling out any game on the upcoming schedule.

Only a week ago, by contrast, he said there was no chance he would play last Thursday in San Jose or Sat-

urday in Los Angeles. Pittsburgh has a five-day break before playing the Dallas Stars at home Friday and the Carolina Hurricanes on the road Saturday.

"That's a possibility," Crosby said of returning Friday. "Just like however many games left there are (is a possibility). ... There are a lot of different guesses but, like I said, everyone's guesses are as good as mine."

There's guesswork involved because nobody seems to know how much contact Crosby must absorb



"I'll reiterate to you again, there is not a timetable or a date right now that we know and you don't."

PENGUINS COACH DAN BYLSMA

during practice for his doctors to clear him to play for the first time since Jan. 5.

Crosby unexpectedly

flew back to Pittsburgh from L.A. to meet Sunday with concussion specialists, sparking talk that a return was imminent. However, he said he just wanted to get the session out of the way so he could take part in team-building activities yesterday and today.

Coach Dan Bylsma also said nothing has changed. Crosby goes through all drills during practices with his teammates, then is evaluated periodically by those overseeing his recovery to see how he is progressing.

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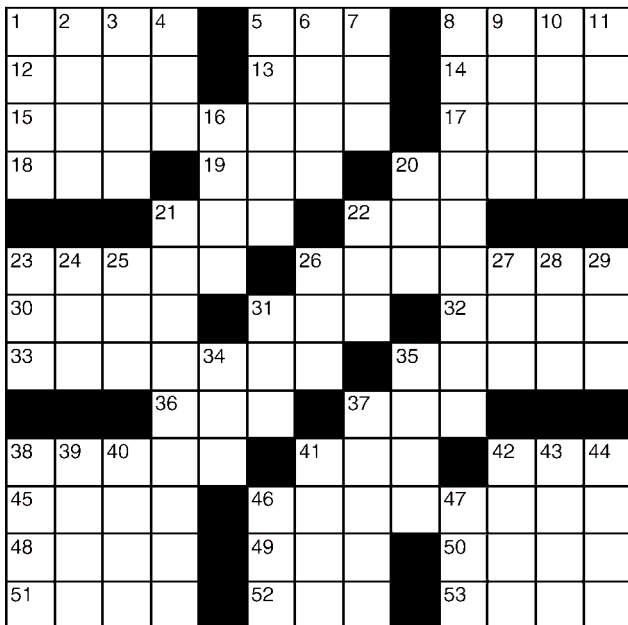
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Crossword

Across

- 1 Chew at persistently
5 Banned bug killer
8 "American —"
12 Architect Saarinen
13 Rage
14 Exploding star
15 Outer
17 Campus area, for short
18 Pigpen
19 Ovum
20 Sullen and gruff
21 Agent
22 Luau side dish
23 Undoes a dele
26 Log
30 Basin accessory
31 Wicked
32 Corn Belt state
33 Army rank
35 Moist in the morn
36 "Just kidding!"
37 Owns
38 Festoons
41 Petrol
42 Blackbird
45 Poetic foot
46 Hellish
48 Transport on Oscar night
49 Trench
50 Hoisted, nautically
51 U.S. fort where gold is kept
52 Donkey
53 Cameo gem
- Down**
1 The Bee —
2 Adjacent (to)
3 Bohemian
4 Travail
5 Having set-in stains



- 6 "La Cage aux Folles" costuming
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16 Dems.' rivals
20 Old French coin
21 Case for storing valuables
22 Pea holder
23 Moment
24 Pair

- 25 Moray, for one
26 Tokyo-based carrier
27 Affirmative action?
28 Shock and —
29 Legislation
31 Wager
34 Ph. bk. data
35 Foundation
37 Weapons' handles
38 Luxurious fabric
39 Large, heavy wagon
40 Bullets et al.
41 Wildebeests
42 Unsigned (Abbr.)
43 Almost black

- 44 Holly
46 Glass of NPR
47 Pi follower

► Yesterday's answer



Sudoku



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Yesterday's answer ►



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My # 1,
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KING L

Not lost! a little disappointed in myself, scared about the controversial aspect, but do want to try.

FOREVER

Lucie,
Your the sweetest girl someone could ask for. When I open my eyes in the morning nothing feels better than knowing I can see you. I love every moment we share together :)

KEVIN

Miss. Magoo,
Ice cream. Ice cream in my face. Ice tea. Ice tea in my face. Walked past that old willow today. Cochrane kisses, and construction powerslides. I found you miss magoo!

FRANCEDRESSING

Today's horoscope

♈ Aries March 21-April 20 You must get over the idea everyone you meet wants to cheat you. It isn't true.

♉ Taurus April 21-May 21 You won't be able to hide your feelings from other people today, so don't even try.

♊ Gemini May 22-June 21 Chances are most things can wait until tomorrow, if not the day after, so take it easy.

♋ Cancer June 22-July 22 Make this the day of the week you take off to recharge your batteries. Tomorrow you'll fly.

♌ Leo July 23-Aug. 23 Learn

what you can from what went before and then move purposefully towards the future.

♍ Virgo Aug. 24- Sept. 22 Be wary of anyone who tries to encourage you to take unnecessary risks. What's in it for them?

♎ Libra Sept. 23-Oct. 23 Someone will try to take something from you today, but they won't succeed.

♏ Scorpio Oct. 24-Nov. 22 Be selective in what you do or a lot of your energy will be wasted.

♐ Sagittarius Nov. 23-Dec. 21 Rivals and competitors seem determined to give you a hard

time. Keep telling yourself that you have what it takes to be the best and keep telling them that you refuse to play by their rules.

♑ Capricorn Dec. 22-Jan. 20 Nothing in your life is set in stone.

♒ Aquarius Jan. 21-Feb. 18 Control your desires, don't let them control you.

♓ Pisces Feb. 19-March 20. Focus on the big issues today. Don't allow yourself to be distracted by the little, everyday things that tend to take up far more time and energy than they are worth.

— SALLY BROMPTON

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